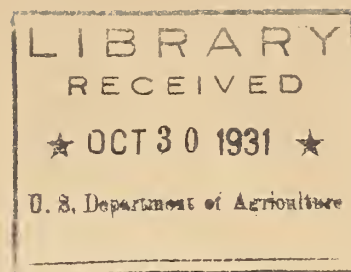


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ONE MENU FOR ALL

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There are two opposite types of mothers with whom most of us are familiar. There's the mother who says nonchalantly, "Oh, my children eat anything," and who continues to set before both children and adults the highly seasoned, heavy rich foods she is, unfortunately, accustomed to herself. Then there's the type of over-cautious parent who tends to keep her children unduly long on a baby diet, even going so far as to prepare two whole sets of meals every day for fear the children's digestion will suffer from some of the dishes she sets before her husband.

"Ideas about feeding children have undergone many changes in recent years," say two specialists in the Bureau of Home Economics, of the U. S. Department of Agriculture in their new bulletin. "The diet of the very young child differs from that of the older one mainly in the way the food is prepared and in the amounts served at various ages. Good nutrition is more easily attained on a well-chosen variety than on a limited diet, and better basic food habits are established. Even young babies are now given pureed vegetables, eggs, broths, and other nourishing foods in addition to milk, and as soon as a child has passed the sieved-food stage and has become adjusted to a coarser and more solid diet, his food habits are much the same as an adult's."

The happy medium between the two types of mothers just described, say "these specialists", is the one who recognizes the fact that if the main meal of the family always consists of wholesome food, simply prepared, it may be served to the children without going to the needless trouble of preparing different dishes for them. True, the size of the servings should be

determined by the age and appetite of each child, and for the little two year old, some of the foods will have to be mashed or cut small. The midday meal for the very young child is usually slightly larger than the other meals, and some mothers prefer to serve the main protein dish at this time. When this has been done, the child's supper may nevertheless consist of some of the vegetables and other foods served for the family dinner.

This mother, in other words, selects her family menus from the wide list of foods which are perfectly suitable for the children, and greatly lightens her work of meal planning and food preparation. If some of the adults in the family insist on richer, more highly seasoned food than the children should have, it is still not necessary to prepare two sets of food. In such cases, high seasonings, extra fat, or more sugar may be added after portions have been taken out for the children. Modifications of this kind can be easily made in many meat dishes, in meat and vegetable stews, and in vegetable and dessert cookery. Such a simple practice as giving the children vegetables without rich sauces, or fruit when the dessert is not suitable for them, is often the only necessary adjustment in the family menu.

Take this menu: Broiled meat balls, buttered string beans, baked potatoes, bread and butter, lettuce, milk, and baked apples. A perfectly satisfactory adult menu, is it not? The two-year old in the picture has small portions. To make eating easy for her, the baked potato and baked apple are removed from the skin and mashed, and the meat ball is divided into small pieces. A six-year old child would require slightly larger portions, while a ten year old boy in the same family should have very generous servings, and should be permitted second helpings if he asks for them.

A new Farmers' Bulletin, No. 1674-F, by Mrs. Rowena Schmidt Carpenter and Mrs. Helen Nebeker Hann, "Food for Children", discusses all these points and many others. It contains many menus and recipes and shows why the right food is so important to good nutrition. It may be obtained free by writing to the U. S. Department of Agriculture.

A MIXED VEGETABLE COCKTAIL
IS AN ATTRACTIVE APPETIZER

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Corresponding to the summer appetizer cocktail of mixed fruits is the raw vegetable cocktail. It can be made of any crisp vegetables whose flavors you enjoy in combination, such as chopped celery, cucumber, green pepper, pimiento, shredded cabbage, shaved onion, grated raw carrot, thin slices of Jerusalem artichoke, chopped cress, endive, or tomato. Two or three of these are sufficient at one time. To give color, diced cooked beets, peas, or shredded string beans, might be introduced sparingly. The cocktail illustrated by the Bureau of Home Economics of the U. S. Department of Agriculture was dressed with a tomato sauce.

The mixed vegetable or fruit appetizer cocktail at the beginning of a dinner is a close relative of the salad first course so much liked on the Pacific Coast. Combinations of either fruits or vegetables similar to those for salads are used. The chief difference is the omission of an oil and vinegar dressing in favor of tomato or chili sauce, lemon, or some other pungent flavoring for the vegetables, or sugar on fruits.

A cocktail course has much to recommend it. In addition to its value as an appetizer, the cocktail adds to the amount of vegetable material in the meal. It enables the housewife to make economical use of odds and ends of different vegetables too small to be served separately. It is distinctly decorative, and makes the table look very attractive when dinner is served. When it can be done so easily this is just as desirable for the family dinner as for the company occasion, isn't it? At the same time, the fact that any cold appetizer can be set in place to complete the table before the rest of the meal is dished makes a mixed vegetable cocktail a good choice for the first course of an extra festive meal. If the hostess is also her own cook she knows that one entire course is out of the way, and that the table looks pretty, while she busies herself over the last kitchen details necessary in producing the hot meat and vegetables.

RIPE OLIVE CLUB SANDWICHES

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There are a good many varieties of club sandwiches to be found on the quick lunch menu, but here's a new one, and a very appetizing one, too. Try it the next time you want something unusual for a luncheon or supper. Probably you'd better keep to yourself the fact that ripe olives have been found to be an excellent source of vitamin A -- people will like these sandwiches enough without being told they are good for them! The suggestion and proportions are from the Bureau of Home Economics of the U.S. Department of Agriculture.

Ripe Olive Club Sandwiches

1 loaf bread	6 slices cooked bacon, crisp
3 large ripe, skinned tomatoes sliced thin	1 cup ripe olives, cut from stones
3 hard-cooked eggs, sliced	Thick mayonnaise
	Lettuce

Slice the bread, trim off the crusts, and toast until lightly browned. Make double-decker sandwiches with the toast and other ingredients arranged in layers of lettuce, egg, bacon, tomato and olives, with enough mayonnaise to moisten. Insert toothpicks to hold the sandwiches together and garnish the tops with crisp lettuce and a few of the sliced ripe olives. With a cold beverage and a light dessert this makes an ideal hot weather luncheon or supper.

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FISH TIMBALES

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Timbles are especially nice for luncheon. In case you have never tried them, it might be said that they are mixtures of chopped meat or flaked fish with a thick sauce containing eggs, so that when they are cooked they have the texture and consistency of a custard, and can be turned out of the mold in which they are cooked. Custard cups or "ramekins" are good to cook timbales in. Fish timbales can be made from almost any kind of fresh or canned fish after it has been separated from bones, skin, and other inedible parts. The Bureau of Home Economics of the U. S. Department of Agriculture furnishes the following recipe for fish timbales:

Fish Timbales

2 tablespoons butter or other fat	2 cups flaked cooked or canned fish
2 tablespoons flour	1 tablespoon lemon juice
1 cup milk	1 tablespoon chopped parsley
2 eggs	1 teaspoon minced onion
	Salt to taste

Prepare a sauce of the fat, flour, and milk, add the beaten eggs, fish, and seasonings, and salt as needed. Pour the mixture into greased custard cups and bake in a pan of hot water in a moderate oven (350°F.) for 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

Tuna, salmon, shrimp, crab meat, fresh cod, or any other fish that may be easily separated from the bones, may be used in timbales.

AN ADJUSTABLE ROMPER

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The changing weight and height of a baby toward the end of his first year, together with the fact that he is constantly moving and pulling himself about, make it imperative that his clothes adjust themselves properly to his growth and his incessant movement. If you are the mother of a baby between 8 and 18 months you understand from personal experience how your child can twist and turn himself -- or herself, as the case may be -- into the most incredible positions and with the most unexpected speed. You know exactly ~~what~~ an athletic tussle is ahead of you when you wish to change the baby's diaper or dress him. At this stage you wonder how any garment can be made that will be plain and strong enough to withstand all this activity, and also simple enough to be put on and off easily.

The Bureau of Home Economics has designed a baby's romper that exactly fits this need for an adjustable garment that gives as the baby constantly moves, that is easy to dress him in, easy to make and to launder. The baby in the picture is wearing one of these adjustable rompers. The secret of its adaptability to the baby's movements is the way it is cut. The pattern is laid on the material on the bias instead of on a lengthwise thread, as one usually lays out patterns. This simple change in the method of cutting makes the romper yield easily to body movements. When the strain is relieved the fabric draws back into its original shape.

This romper opens only at the neck and crotch. The wide neckline is strengthened by a shell edge and finished with narrow crocheted beading through

$$f(x) = \frac{1}{2} \left(\frac{1}{x} + \frac{1}{x^2} \right) \quad \text{for } x \in (0, 1) \quad \text{and} \quad f(x) = 0 \quad \text{for } x \in [1, \infty)$$

$\frac{1}{2} \sqrt{\frac{2}{\pi}}$ $\frac{1}{2}$ $\frac{1}{2} \sqrt{\frac{2}{\pi}}$ $\frac{1}{2}$ $\frac{1}{2} \sqrt{\frac{2}{\pi}}$ $\frac{1}{2}$

which a twistless tape is run for adjustment. The tape is fastened at the center front, to prevent it from pulling out when the child is dressed or when the garment is laundered.

The short, open raglan sleeves allow absolute freedom of the arms. Their width, both at the armholes and through the brief length of the sleeves themselves, makes it possible for warmer and heavier underwear to be put on without spoiling either the fit or the appearance of the romper.

The crotch closing is new, in that the back buttons over the front. The lap or extension of the back is curved, in keeping with the soft style of of the romper, and the four buttons which hold it in place are arranged so as to avoid unsightly gaps, and to simplify dressing and changing the diaper. When more length is needed the buttons can be moved.

This romper can be slipped over the head with one movement, the sleeves adjusted without cramping the arms backwards, and the neck drawn up comfortably and tied at the back. As the garment lies flat when the neck fullness is loosened, it can be ironed in a mangle.

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HOW TO MAKE DIVINITY CANDY

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Corn sirup is the special ingredient which makes "divinity" candy or fudge a little different from other college favorites. Also the whites of eggs give it a foamy texture which is very much liked. The process of making divinity candy is similar to that for boiled frosting, says the Bureau of Home Economics of the U. S. Department of Agriculture. Divinity will prove a popular candy for bazaars, gift boxes, and similar uses, but since it dries out quickly it should be packed in a tin box, and eaten as soon as convenient.

Divinity

2 cups sugar
1 cup water
1/4 cup corn sirup
1/8 teaspoon salt

2 egg whites
1 cup chopped nuts
1/2 cup chopped candied cherries
1 teaspoon vanilla

Heat the sugar, water, corn sirup and salt, and stir constantly until the sugar has dissolved. Continue to cook without stirring until the sirup forms a hard ball when dropped in cold water, or until a candy thermometer registers 252°F. Beat the egg whites, pour the sirup slowly into them, and continue to beat until the candy is stiff enough to hold its shape. Add the nuts, cherries, and vanilla, and drop by spoonfuls onto waxed paper.

SCOTCH SHORT BREAD

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You don't have to cross the Atlantic ocean to the British Isles to taste delicious, crispy Scotch shortbread, which goes so well with afternoon tea or coffee, or with a fruit drink when you want to serve simple evening refreshments. You can make shortbread yourself, right in your own home. You will find, when you look at the recipe, which comes from the Bureau of Home Economics of the U. S. Department of Agriculture, that "shortbread" is exactly what the name indicates, **very** "short" or rich. It contains proportionately about as much fat as pie crust, but it differs from pie crust in its lack of liquid and addition of sugar. The method of mixing is necessarily different, as it takes hand manipulation to blend the ingredients. Butter is specified rather than ~~other~~ pastry fats, to give the characteristic flavor. If you want uniform sections rather than irregular broken pieces, there is no reason why you can not mark off the dough into squares after you have put it into the baking pan, just as you would a pan of fudge. Or use fancy cooky cutters, but leave the dough in one sheet until it is baked. The children will gladly eat the trimmings ~~for~~ you when the shortbread is set and ready to put away. Shortbread will keep fresh a week or two if you put it at once into a tightly covered tin box.

Scotch Short Bread

3-1/2 cups sifted flour
1 cup butter

1/2 cup sugar
1/4 teaspoon salt

Sift the flour, salt, and sugar on a bread board. Break the butter into small pieces and work into the dry ingredients by pressing with the palm of the hand and the wrist, until there is a smooth even mixture. Make the dough into a ball and roll out about three-fourths of an inch thick. Place in a pan with high sides to prevent the short bread from browning too quickly around the edges, and prick the surface with a fork. Bake in a very moderate oven (300°F.) for 35 minutes. Allow short bread to stand an hour or two before serving so that it becomes crisp and thoroughly set, then break into pieces.

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CRANBERRY MUFFINS

• You have doubtless tried using cranberries in other ways besides making them into sauce and jelly for the Thanksgiving or Christmas dinner. In that connection, -- why limit cranberry sauce to holidays only? It goes well with any chicken or poultry dinner, with rabbit, or any meat that needs a tart-sweet accompaniment. Cranberry pies, both with and without raisins, are always liked; cranberry steamed pudding, cranberry relish, and candied cranberries are other suggestions. The Bureau of Home Economics of the U. S. Department of Agriculture supplies the recipe below for cranberry muffins:

Cranberry Muffins

1 egg	1/4 cup sugar
3/4 cup milk	1/2 teaspoon salt
2 cups sifted flour	4 tablespoons melted butter
4 teaspoons baking powder	or other fat
	1 cup cranberries

Beat the egg slightly and add the milk. Sift the dry ingredients and add to the liquid mixture. Roll the berries in 2 more tablespoons of sugar, and fold into the batter with the melted fat. Do not stir the mixture any more than necessary. Pour into greased muffin pans and bake in a moderately hot oven (400°F.) for about 30 minutes, or until brown. Serve hot.

